

Meal Plan - 1600 calorie paleo meal plan



Grocery List Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Recipes

Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

1581 cals ● 118g protein (30%) ● 98g fat (56%) ● 30g carbs (7%) ● 27g fiber (7%)

Breakfast

320 cals, 15g protein, 4g net carbs, 24g fat



Hardboiled egg and avocado bowl

320 cals

Lunch

520 cals, 66g protein, 5g net carbs, 22g fat



Curried pork chops

1 1/2 chop(s)- 359 cals



Garlic collard greens

159 cals

Snacks

195 cals, 4g protein, 14g net carbs, 11g fat



Pepper strips and guacamole

150 cals



Kiwi

1 kiwi- 47 cals

Dinner

545 cals, 33g protein, 8g net carbs, 42g fat



Cheesy zucchini noodles w/ bacon

545 cals

Day 2

1596 cals ● 117g protein (29%) ● 99g fat (56%) ● 33g carbs (8%) ● 27g fiber (7%)

Breakfast

320 cals, 15g protein, 4g net carbs, 24g fat



Hardboiled egg and avocado bowl

320 cals

Lunch

540 cals, 59g protein, 13g net carbs, 24g fat



Lemon pepper chicken breast

8 oz- 296 cals



Olive oil drizzled sugar snap peas

245 cals

Snacks

195 cals, 4g protein, 14g net carbs, 11g fat



Pepper strips and guacamole

150 cals



Kiwi

1 kiwi- 47 cals

Dinner

540 cals, 39g protein, 3g net carbs, 40g fat



Cooked peppers

1/2 bell pepper(s)- 60 cals



Paleo steak bites

6 2/3 oz(s)- 479 cals

Day 3

1610 cals ● 115g protein (29%) ● 100g fat (56%) ● 41g carbs (10%) ● 21g fiber (5%)

Breakfast

305 cals, 8g protein, 15g net carbs, 21g fat



Mixed nuts

1/6 cup(s)- 145 cals



Apple & almond butter

1/2 apple(s)- 158 cals

Snacks

225 cals, 9g protein, 10g net carbs, 15g fat



Sunflower seeds

180 cals



Kiwi

1 kiwi- 47 cals

Lunch

540 cals, 59g protein, 13g net carbs, 24g fat



Lemon pepper chicken breast

8 oz- 296 cals



Olive oil drizzled sugar snap peas

245 cals

Dinner

540 cals, 39g protein, 3g net carbs, 40g fat



Cooked peppers

1/2 bell pepper(s)- 60 cals



Paleo steak Bites

6 2/3 oz(s)- 479 cals

Day 4

1599 cals ● 115g protein (29%) ● 97g fat (55%) ● 44g carbs (11%) ● 22g fiber (5%)

Breakfast

305 cals, 8g protein, 15g net carbs, 21g fat



Mixed nuts

1/6 cup(s)- 145 cals



Apple & almond butter

1/2 apple(s)- 158 cals

Snacks

225 cals, 9g protein, 10g net carbs, 15g fat



Sunflower seeds

180 cals



Kiwi

1 kiwi- 47 cals

Lunch

525 cals, 47g protein, 11g net carbs, 32g fat



Cooked peppers

1/2 bell pepper(s)- 60 cals



Chipotle honey pork chops

464 cals

Dinner

545 cals, 51g protein, 7g net carbs, 30g fat



Avocado tuna salad

545 cals

Day 5

1585 cals ● 118g protein (30%) ● 89g fat (50%) ● 54g carbs (14%) ● 24g fiber (6%)

Breakfast

290 cals, 11g protein, 25g net carbs, 12g fat



Apple

1 apple(s)- 105 cals



Portabella breakfast sandwich

1/2 sandwich(es)- 184 cals

Snacks

225 cals, 9g protein, 10g net carbs, 15g fat



Sunflower seeds

180 cals



Kiwi

1 kiwi- 47 cals

Lunch

525 cals, 47g protein, 11g net carbs, 32g fat



Cooked peppers

1/2 bell pepper(s)- 60 cals



Chipotle honey pork chops

464 cals

Dinner

545 cals, 51g protein, 7g net carbs, 30g fat



Avocado tuna salad

545 cals

Day 6

1645 cals ● 106g protein (26%) ● 94g fat (51%) ● 61g carbs (15%) ● 33g fiber (8%)

Breakfast

290 cals, 11g protein, 25g net carbs, 12g fat



Apple

1 apple(s)- 105 cals



Portabella breakfast sandwich

1/2 sandwich(es)- 184 cals

Snacks

305 cals, 15g protein, 10g net carbs, 20g fat



Avocado deviled eggs

2 egg(s)- 257 cals



Kiwi

1 kiwi- 47 cals

Lunch

530 cals, 29g protein, 7g net carbs, 39g fat



Egg & avocado salad

531 cals

Dinner

520 cals, 51g protein, 19g net carbs, 23g fat



Basic ground turkey

8 oz- 375 cals



Mixed vegetables

1 1/2 cup(s)- 146 cals

Day 7

1645 cals ● 106g protein (26%) ● 94g fat (51%) ● 61g carbs (15%) ● 33g fiber (8%)

Breakfast

290 cals, 11g protein, 25g net carbs, 12g fat



Apple

1 apple(s)- 105 cals



Portabella breakfast sandwich

1/2 sandwich(es)- 184 cals

Snacks

305 cals, 15g protein, 10g net carbs, 20g fat



Avocado deviled eggs

2 egg(s)- 257 cals



Kiwi

1 kiwi- 47 cals

Lunch

530 cals, 29g protein, 7g net carbs, 39g fat



Egg & avocado salad

531 cals

Dinner

520 cals, 51g protein, 19g net carbs, 23g fat



Basic ground turkey

8 oz- 375 cals



Mixed vegetables

1 1/2 cup(s)- 146 cals

Grocery List



Other

- guacamole, store-bought
1/2 cup (124g)
- mixed greens
5 1/2 cup (166g)

Vegetables and Vegetable Products

- bell pepper
3 1/2 large (585g)
- onion
5/8 medium (2-1/2" dia) (64g)
- zucchini
1 medium (196g)
- collard greens
1/2 lbs (227g)
- garlic
3 clove(s) (10g)
- frozen sugar snap peas
4 cup (576g)
- tomatoes
10 tbsp, chopped (113g)
- portabella cap
3 piece whole (423g)
- fresh cilantro
4 tsp, chopped (4g)
- frozen mixed veggies
3 cup (405g)

Fruits and Fruit Juices

- kiwi
7 fruit (483g)
- avocados
4 1/2 avocado(s) (929g)
- apples
4 medium (3" dia) (728g)
- lime juice
4 tsp (19mL)

Spices and Herbs

- black pepper
1 g (1g)
- salt
5 g (5g)
- curry powder
3 dash (1g)
- lemon pepper
1 tbsp (7g)

Dairy and Egg Products

- eggs
16 large (800g)
- cheese
3/4 cup, shredded (85g)
- parmesan cheese
1 tbsp (5g)
- ghee
1 tbsp (14g)

Pork Products

- bacon, raw
1 slice(s) (28g)
- pork chop, bone-in
1 1/2 chop (267g)
- pork loin chops, boneless, raw
15 oz (425g)
- bacon, cooked
6 slice(s) (60g)

Fats and Oils

- olive oil
1 1/3 oz (41mL)
- oil
2 1/2 oz (76mL)

Poultry Products

- boneless skinless chicken breast, raw
1 lbs (448g)
- ground turkey, raw
1 lbs (454g)

Beef Products

- sirloin steak, raw
13 1/4 oz (378g)

Nut and Seed Products

- mixed nuts
1/3 cup (45g)
- almond butter
2 tbsp (32g)
- sunflower kernels
3 oz (85g)

Finfish and Shellfish Products

chipotle seasoning

1/4 tbsp (2g)

garlic powder

1/2 tbsp (4g)

canned tuna

2 1/2 can (430g)

Sweets

honey

1 tbsp (21g)

Beverages

water

1 1/2 tbsp (23mL)

Breakfast 1 ↗

Eat on day 1 and day 2

Hardboiled egg and avocado bowl

320 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

onion
1 tbsp chopped (10g)
bell pepper
1 tbsp, diced (9g)
black pepper
1 dash (0g)
eggs
2 large (100g)
salt
1 dash (0g)
avocados, chopped
1/2 avocado(s) (101g)

For all 2 meals:

onion
2 tbsp chopped (20g)
bell pepper
2 tbsp, diced (19g)
black pepper
2 dash (0g)
eggs
4 large (200g)
salt
2 dash (1g)
avocados, chopped
1 avocado(s) (201g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

Breakfast 2 ↗

Eat on day 3 and day 4

Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

mixed nuts
2 2/3 tbsp (22g)

For all 2 meals:

mixed nuts
1/3 cup (45g)

1. The recipe has no instructions.

Apple & almond butter

1/2 apple(s) - 158 cals ● 4g protein ● 9g fat ● 12g carbs ● 4g fiber



For single meal:

apples
1/2 medium (3" dia) (91g)
almond butter
1 tbsp (16g)

For all 2 meals:

apples
1 medium (3" dia) (182g)
almond butter
2 tbsp (32g)

1. Slice an apple and spread almond butter evenly over each slice.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 3 meals:

apples
3 medium (3" dia) (546g)

1. The recipe has no instructions.

Portabella breakfast sandwich

1/2 sandwich(es) - 184 cals ● 11g protein ● 12g fat ● 4g carbs ● 4g fiber



For single meal:

bacon, cooked
2 slice(s) (20g)
mixed greens
2 tbsp (4g)
portabella cap
1 piece whole (141g)
avocados, thick
1 slices (25g)

For all 3 meals:

bacon, cooked
6 slice(s) (60g)
mixed greens
6 tbsp (11g)
portabella cap
3 piece whole (423g)
avocados, thick
3 slices (75g)

1. Cook bacon according to package.
2. Remove grease from pan, and put mushroom caps, flat-side down, into pan and cook for a couple minutes.
3. Remove caps from pan and build the sandwich, using the caps as buns, and layering the avocado, greens, and bacon inside.
4. Serve.

Lunch 1 ↗

Eat on day 1

Curried pork chops

1 1/2 chop(s) - 359 cals ● 59g protein ● 13g fat ● 0g carbs ● 0g fiber



Makes 1 1/2 chop(s)

pork chop, bone-in
1 1/2 chop (267g)
curry powder
3 dash (1g)
olive oil
1/4 tbsp (4mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



collard greens

1/2 lbs (227g)

oil

1/2 tbsp (8mL)

salt

1 dash (1g)

garlic, minced

1 1/2 clove(s) (5g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Lunch 2 ↗

Eat on day 2 and day 3

Lemon pepper chicken breast

8 oz - 296 cals ● 51g protein ● 9g fat ● 1g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (224g)
olive oil
1/4 tbsp (4mL)
lemon pepper
1/2 tbsp (3g)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (448g)
olive oil
1/2 tbsp (8mL)
lemon pepper
1 tbsp (7g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. STOVETOP
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. BAKED
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. BROILED/GRILLED
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

Olive oil drizzled sugar snap peas

245 cals ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



For single meal:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen sugar snap peas
2 cup (288g)
olive oil
1 tbsp (15mL)

For all 2 meals:

black pepper
3 dash (0g)
salt
3 dash (1g)
frozen sugar snap peas
4 cup (576g)
olive oil
2 tbsp (30mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Lunch 3 ↗

Eat on day 4 and day 5

Cooked peppers

1/2 bell pepper(s) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
bell pepper, seeded & cut into strips
1/2 large (82g)

For all 2 meals:

oil
2 tsp (10mL)
bell pepper, seeded & cut into strips
1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Chipotle honey pork chops

464 cals ● 46g protein ● 27g fat ● 9g carbs ● 0g fiber



For single meal:

ghee
1/2 tbsp (7g)
pork loin chops, boneless, raw
1/2 lbs (212g)
honey
1/2 tbsp (11g)
chipotle seasoning
3 dash (1g)
water
3/4 tbsp (11mL)
oil
1/2 tbsp (8mL)

For all 2 meals:

ghee
1 tbsp (14g)
pork loin chops, boneless, raw
15 oz (425g)
honey
1 tbsp (21g)
chipotle seasoning
1/4 tbsp (2g)
water
1 1/2 tbsp (23mL)
oil
1 tbsp (15mL)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

Lunch 4 ↗

Eat on day 6 and day 7

Egg & avocado salad

531 cals ● 29g protein ● 39g fat ● 7g carbs ● 10g fiber



For single meal:

garlic powder
1/4 tbsp (2g)
avocados
2/3 avocado(s) (134g)
mixed greens
1 1/3 cup (40g)
eggs, hard-boiled and chilled
4 large (200g)

For all 2 meals:

garlic powder
1/2 tbsp (4g)
avocados
1 1/3 avocado(s) (268g)
mixed greens
2 2/3 cup (80g)
eggs, hard-boiled and chilled
8 large (400g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

Snacks 1 ↗

Eat on day 1 and day 2

Pepper strips and guacamole

150 cals ● 3g protein ● 10g fat ● 6g carbs ● 6g fiber



For single meal:

guacamole, store-bought
4 tbsp (62g)
bell pepper, sliced
1 medium (119g)

For all 2 meals:

guacamole, store-bought
1/2 cup (124g)
bell pepper, sliced
2 medium (238g)

1. Slice the peppers into strips and remove the seeds.
2. Spread the guacamole mixture over the sliced peppers or just use them to dip into it.

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi
1 fruit (69g)

For all 2 meals:

kiwi
2 fruit (138g)

1. Slice the kiwi and serve.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
1 oz (28g)

For all 3 meals:

sunflower kernels
3 oz (85g)

1. The recipe has no instructions.

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi
1 fruit (69g)

For all 3 meals:

kiwi
3 fruit (207g)

1. Slice the kiwi and serve.

Snacks 3 ↗

Eat on day 6 and day 7

Avocado deviled eggs

2 egg(s) - 257 cals ● 14g protein ● 19g fat ● 2g carbs ● 5g fiber



For single meal:

eggs
2 large (100g)
avocados
1/3 avocado(s) (67g)
lime juice
1/4 tbsp (3mL)
fresh cilantro, chopped
2 tsp, chopped (2g)

For all 2 meals:

eggs
4 large (200g)
avocados
2/3 avocado(s) (134g)
lime juice
1/2 tbsp (7mL)
fresh cilantro, chopped
4 tsp, chopped (4g)

1. Hard boil eggs by placing eggs in a pot covered in cold water.
2. Bring to a boil and let cook for 1 minute. Remove from heat, cover with a lid, and let sit 9 minutes.
3. Remove eggs, cool in a cold-water bath, and peel.
4. Slice eggs in half and spoon the yolk into a small bowl.
5. Add in the avocado, cilantro, lime juice, and salt/pepper to taste. Mash together thoroughly.
6. Spoon mixture into the holes of the egg whites.
7. Serve.
8. To store: sprinkle more lime juice on top and cover in plastic wrap. Store in refrigerator.

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi
1 fruit (69g)

For all 2 meals:

kiwi
2 fruit (138g)

1. Slice the kiwi and serve.

Dinner 1 ↗

Eat on day 1

Cheesy zucchini noodles w/ bacon

545 cals ● 33g protein ● 42g fat ● 8g carbs ● 2g fiber



cheese
3/4 cup, shredded (85g)
parmesan cheese
1 tbsp (5g)
zucchini
1 medium (196g)
bacon, raw
1 slice(s) (28g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the cheese and bacon bits and heat through until the cheese is melted.
4. Remove from heat, top with parmesan, and serve.

Dinner 2 ↗

Eat on day 2 and day 3

Cooked peppers

1/2 bell pepper(s) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
bell pepper, seeded & cut into strips
1/2 large (82g)

For all 2 meals:

oil
2 tsp (10mL)
bell pepper, seeded & cut into strips
1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Paleo steak Bites

6 2/3 oz(s) - 479 cals ● 39g protein ● 36g fat ● 1g carbs ● 0g fiber



For single meal:

oil
2 1/2 tsp (13mL)
garlic, diced
5/6 clove(s) (3g)
sirloin steak, raw
6 2/3 oz (189g)

For all 2 meals:

oil
5 tsp (25mL)
garlic, diced
1 2/3 clove(s) (5g)
sirloin steak, raw
13 1/3 oz (378g)

1. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
2. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
3. When steak is just about done, reduce heat to low and add in garlic. Let cook for about a minute until fragrant. stir around to coat the steak. Serve.

Dinner 3 ↗

Eat on day 4 and day 5

Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



For single meal:

avocados
5/8 avocado(s) (126g)
lime juice
1 1/4 tsp (6mL)
salt
1 1/4 dash (1g)
black pepper
1 1/4 dash (0g)
mixed greens
1 1/4 cup (38g)
canned tuna
1 1/4 can (215g)
tomatoes
5 tbsp, chopped (56g)
onion, minced
1/3 small (22g)

For all 2 meals:

avocados
1 1/4 avocado(s) (251g)
lime juice
2 1/2 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
mixed greens
2 1/2 cup (75g)
canned tuna
2 1/2 can (430g)
tomatoes
10 tbsp, chopped (113g)
onion, minced
5/8 small (44g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Dinner 4 ↗

Eat on day 6 and day 7

Basic ground turkey

8 oz - 375 cals ● 45g protein ● 22g fat ● 0g carbs ● 0g fiber



For single meal:

ground turkey, raw
1/2 lbs (227g)
oil
1 tsp (5mL)

For all 2 meals:

ground turkey, raw
1 lbs (454g)
oil
2 tsp (10mL)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Mixed vegetables

1 1/2 cup(s) - 146 cals ● 7g protein ● 1g fat ● 19g carbs ● 8g fiber



For single meal:

frozen mixed veggies
1 1/2 cup (203g)

For all 2 meals:

frozen mixed veggies
3 cup (405g)

1. Prepare according to instructions on package.